

Contents

Acknowledgments	ix
Prologue	1
Introduction	
<i>Practicing the Presence</i>	11
Practicing the Presence of God	
The Problem of Consumerism	
The Great Work	
One Person's Journey	
Process Theology	
Buddhism	
Contemplative Christianity	
Welcoming the Skeptic	
Reading the Rest of this Book	
1. When God Breathes	
<i>Spirituality as Living from the Center</i>	35
Salvation from Self-Starvation	
Living from the Center	
The Problem of Spiritual Narcissism	
Envisioning the God Who Breathes	
A God with Many Names	
The Bread of Heaven	
Nine Ways of Knowing God	
Wisdom, Compassion, and Freedom	
Delight in Beauty and Creativity	

2. This Wild and Precious Life	
<i>Spirituality as Sacramental Awareness</i>	57
Inner Wisdom and Outer Sacraments	
Holy Communion	
The Ten Temptations of Consumerism	
Spirituality as Openness to God's Breathing	
Five Guidelines for Discernment	
The Lifestyle of Consumerism	
The Theology of Consumerism	
The Budweiser Christian	
Jesus at the Mall	
A Crazy Second Coming	
Hidden in Christ	
3. Lucky, Lucky Life	
<i>Spirituality as Openness to Grace</i>	81
Lucky, Lucky Life (Even When Things Are Horrible)	
May All Beings Be Happy: A Buddhist Prayer	
Three Contexts for Happiness: Work, Relationships, and Leisure	
Happiness as Byproduct, Not Goal	
Happiness as Relative, Not Absolute	
Happiness as Contagious	
Envy as Contagious Too	
Four Steps toward a Deeper Happiness	
4. Lying Gently in the Water	
<i>Spirituality as Living-by-Dying</i>	99
Confessions of a Recovering Fundamentalist	
Loving-kindness	
Divine Congealings	
Living-by-Dying	
Nine False Gods	
Dark Nights	
Letting Go into Love	

Eve's Lesson to Adam
The Wisdom of Silence
The Value of Meditation

5. Trust in Open Space

Spirituality as Faith in God

121

God and Eric Falling
Courage in Suffering
Paul's Widening into Faith
Seeing through the Swirling
There Is Something More
There Is a Grace Sufficient to Each Moment
There Is a Wideness in God's Mercy
All Will Be Well

6. Even the Stars Pray

A Cosmology for Centered Living

137

The Valley of the Shadow of Death
The Path of Righteousness
Right Thinking in the Age of Consumerism
Why Worldviews Matter
The Worldview of Consumerism
The Benefits of Consumerism
The Costs of Consumerism
Alternatives to the Consumerist Worldview
The Hope for a Sustainable Future
Process Theology: The Key Ideas

Conclusion

All That Really Matters

159

Notes

161